

# RECIPES FROM THE SHOW

## PATRICK MOORE SHARES HIS LOVE OF GRILLING GREAT SALADS

### Grilled Shrimp & Asparagus Salad

#### INGREDIENTS

##### *Basil Vinaigrette:*

¼ cup Basil, chopped  
 2 clove Garlic, chopped  
 2 Tbsp. Parmesan Cheese  
 ½ cup Olive oil  
 ¼ cup Balsamic Vinegar  
 1/8 Tsp. Black pepper  
 ¼ Tsp. Salt  
 Juice of ½ ea. Lemon

1 lb. Shrimp 16/20  
 ½ lb. Asparagus  
 1 ea. Red Pepper  
 1 bulb Fennel, wedged  
 16 ea. Cherry Tomatoes  
 ½ cup Olive oil  
 2 clove Garlic, chopped  
 1 Tbsp. Parsley, chopped



1 Tbsp. Basil, chopped  
 ½ tsp. Salt  
 ¼ tsp. Pepper

1 French Baguette  
 Lettuce Mix  
 2 oz. Shaved Parmesan  
 1-2 oz. Balsamic Glaze

#### PROCEDURE

1. In a blender, combine basil, garlic, parmesan, balsamic vinegar, Dijon mustard and lemon juice. Puree mixture. Add olive oil and blend to emulsify. Season with salt & pepper. Reserve for service.
2. Peel & devein shrimp. Trim asparagus. Skewer tomatoes, wedge fennel bulb, cut and seed pepper into 4 large pieces.
3. In a bowl, combine olive oil, garlic, parsley, basil salt & pepper.
4. Divide mixture and marinate skewered shrimp and vegetables.
5. Preheat grill to medium heat. Grill vegetables over medium heat for 3-4 minutes on both sides.
6. When vegetables are just tender, remove from grill, cool and cut peppers, fennel and asparagus.
7. Grill shrimp for 3-4 minutes per side over medium heat. Remove from grill when just cooked through.
8. Cut Baguette into slices on a bias. Grill baguette slices on grill for 1-2 minutes per side to toast to golden brown. Remove from grill and reserve for service.
9. In a large bowl add lettuce and dress with ½ of the Basil vinaigrette.
10. Toss salad greens and add additional dressing as needed.
11. Place dressed greens on plate. Top with grilled vegetables and shrimp and grilled baguette.
12. Add shaved parmesan cheese and balsamic drizzle and serve.

# The Grilled Wedge

## INGREDIENTS

6 oz. Blue Cheese, Divided  
1 Cup Mayonnaise  
2 Tbsp. Milk  
¼ ea. Juice of a Lemon  
¼ Tsp. Salt  
Pinch Pepper  
½ lb. Bacon  
1 French Baguette  
1 Tbsp. Parsley, Chopped  
2 clove Garlic, minced  
¼ cup Olive oil  
½ Tsp. Salt  
¼ Tsp. Black Pepper  
½ head- Iceberg Lettuce  
2 ea. Radicchio  
2 ea. Tomatoes, wedged



## PROCEDURE

1. In a small bowl, combine 4 ounces of blue cheese crumbles, mayonnaise, milk, salt, pepper and the juice of ¼ lemon.
2. Mix all ingredients and allow to marinate for ½ - 1 hour.
3. Preheat grill to medium heat. Add griddle plate to grill and heat.
4. Cook bacon on griddle plate for 10-12 minutes, turning occasionally. Remove bacon from griddle when crisp, or to desired doneness. Remove excess fat from bacon, cool and chop. Reserve for service.
5. Cut Baguette into slices on a bias. Grill baguette slices on grill for 1-2 minutes per side to toast to golden brown.
6. Remove from grill and reserve for service. Once bread is cool, dice into large croutons
7. In a separate bowl, combine chopped parsley, minced garlic olive oil salt and pepper.
8. Cut Iceberg and radicchio lettuces into large wedges. Skewer Iceberg and radicchio in alternating pattern.
9. Wedge Tomatoes and skewer. Lightly Marinated tomatoes and lettuce with olive oil mixture.
10. Grill tomatoes on grill for 1-2 minutes, each side. Do not overcook.
11. Place skewered lettuce on grill, removing any excess marinade. Grill lettuce for 1-2 minute on each side.
12. Place Grilled lettuce and tomatoes on plate. Drizzle lettuce with blue cheese dressing.
13. Top with chopped crispy bacon and blue cheese crumbles. Place grilled croutons on plate and serve.

# Southwest Grilled Chicken Salad

## INGREDIENTS

4 ea. Chicken Breast  
2 Tbsp. Olive Oil  
2 clove Garlic, minced  
1 Tbsp. Cilantro, chopped  
Juice & Zest of 1 lime  
1 Tsp. Chili Powder  
½ Tsp Salt  
¼ Tsp Pepper  
2 ea. Corn on the cob  
½ ea. Red Onions, peeled and sliced  
2 ea. Red Peppers, seeded and planked  
1 cup Black Beans, cooked and drained  
4 Tbsp. Olive oil  
½ Tsp. Cumin  
2Tbsp. Cilantro, chopped  
Pinch Salt & Pepper  
Lime juice  
1 head Romaine Lettuce, chopped  
4 ea. 8" Flour Tortillas  
¼ Cup Cheddar Cheese  
1 ea. Avocado, diced  
Sour Cream



### *Chipotle Vinaigrette:*

2 ea. Chipotle, pureed  
½ Cup Olive Oil  
¼ cup Red Wine Vinegar  
1 Clove Garlic, minced  
1 Tbsp. Cilantro, chopped  
½ Tsp. Salt  
¼ Tsp. Pepper

## PROCEDURE

1. In a bowl combine chicken, 2 tbsp. Olive oil, minced garlic, chili powder, salt, pepper, lime juice and zest.
2. Marinate chicken for 30- 40 minutes. Preheat grill to medium heat.
3. In small bowl, combine black beans, 1 Tbsp. olive oi, cumin, 1 ½ Tbsp. cilantro and a pinch of salt & pepper. Toss to coat.
4. Marinate corn, red peppers and onions with 3 tbsp. Olive oil 1 ½ Tbsp. cilantro and a pinch of salt & pepper.
5. In a blender Place chipotle pepper, olive oil, vinegar, garlic, salt and pepper. Blend to emulsify
6. Season dressing with salt and pepper and add chopped cilantro.
7. Grill peppers, onions and corn over medium heat for 3- 4 minutes, turn and rotate vegetable s and grill an additional 3-4 minutes or until tender. Remove vegetables from grill and cool.
8. Cut Corn from cob, Slice red peppers and chop onions. Reserve for salad.
9. Grill Chicken over medium heat for 6-8 minutes on each side, turning once for grill marks. Once chicken is cooked, remove from grill, allow to rest and slice for salad.
10. Grill flour tortillas for 1 ½ minutes on each side or until crispy. Remove from grill and reserve.
11. In a large bowl, toss salad greens with ½ Chipotle Vinaigrette. Add more dressing as needed.
12. Place dresses green on plate. Evenly spread corn, pepper, onions and black bean mixture over salad greens. Shingle I sliced chicken breast over salad. Top with shredded cheddar and diced avocado. With a piping bag, drizzle sour cream over salad in a zigzag pattern. Top with chopped cilantro garnish with grilled tortillas and serve.